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Evacuation flights from Haiti done

Haiti Crisis

QUAKE The federal government has stopped running evacuation flights out of quake-stricken Haiti and will likely soon announce the Canadian death toll has more than doubled. At least 34 Canadians are confirmed dead and another 50 are missing.

Foreign Affairs Minister Lawrence Cannon said officials will have to acknowledge many of the missing are, in fact, dead.

THE CANADIAN PRESS

News on the Move

What's this barcode for?
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Vancouver Games

Follow Metro as we bring you daily coverage throughout the 2010 Winter Olympics in Vancouver.

- **Today — Luongo given start in Team Canada's do-or-die game against Germany, page 10**

On the web
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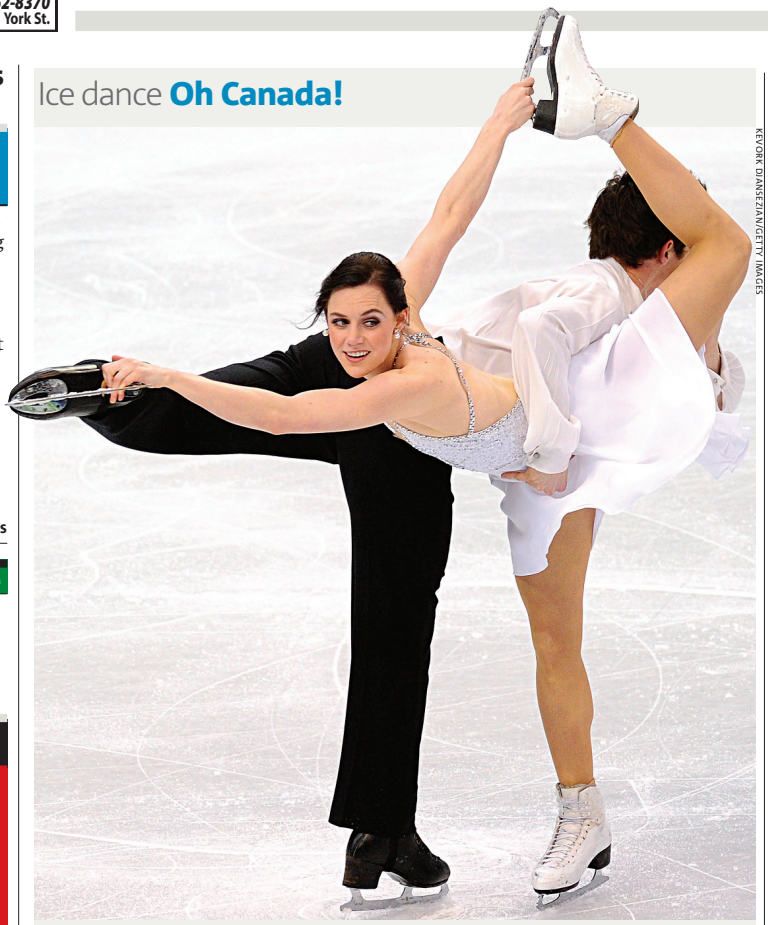
Ice dance **Oh Canada!**



KEYORK DJANSEZIAN/GETTY IMAGES

Tessa Virtue and Scott Moir compete in the free dance portion of the Ice Dance competition on day 11 of the 2010 Vancouver Winter Olympics at Pacific Coliseum last night. Virtue and Moir made history winning Canada's first Olympic gold in ice dance.

Man shot in home invasion

Cops probe death of 19-year-old in rural Ottawa

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

A 19-year-old Ottawa man is dead after an early morning home invasion gone wrong in south Nepean yesterday.

Ottawa police responded to a call at 4139 Moodie Dr. at around 1 a.m.

Inside the house, a 19-year-old man was found with multiple gunshot wounds and showing faint signs of life.

Paramedics immediately started treatment and transported the man to hospital, but he was declared dead shortly after arrival.

Police are not officially releasing the name of the victim, but friends have identified him as Michael Swan.

Yesterday, police were still examining the house, which sits in a rural area west of Highway 416 between Barnsdale Road and Brophy Drive.

Neighbours are sparse in the area. Around 300 metres from where the shooting took place, Gerry Miller, the nearest neighbour, said he didn't hear anything during the night.

Even if there were gunshots, it could be hunters or farmers. In that part of Ottawa, gunshots are not uncommon.

For around two years, the house was being rented to a group of young men in their early 20s, said Miller.

Shortly after the incident, three males were taken into police custody.

Canadian women undefeated, curlers advance to semi

OVERVIEW Canada entered Day 11 yesterday with nine medals, including four gold and four silver — and was in a fourth-place tie with South Korea and Austria.

Regardless of the relative importance of Canada's medal haul, things were looking good yesterday in curling, women's hockey and ice dancing.

By nightfall Canadian eyes were focused on the Pacific Coliseum, where ice dancers Tessa Virtue and Scott Moir secured Olympic gold.

At Canada Hockey Place, the undefeated Canadian women's hockey team extended their streak with a 5-0 win against Finland.

Kevin Martin's undefeated curling rink, which has already wrapped up first place and a spot in Thursday's semifinals, easily beat its American counterpart to run its record to 8-0.

On the women's side, Canada's Cheryl Bernard handily defeated Sweden's Anette Norberg.

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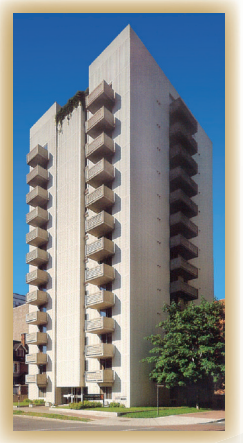

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Woman injured in Hwy. 416 rollover

ACCIDENT A 26-year-old woman suffered head injuries after rolling her vehicle on Highway 416 yesterday.

Just after 10:30 a.m., a northbound car left the highway near the Century Road overpass, rolled over several times and came to rest on its side in the centre culvert separating the north and southbound lanes.

It took Ottawa firefighters approximately 30 minutes to free the woman.

TRACEY TONG/METRO OTTAWA

News in brief

BYELECTION Candidates running in the Ottawa West-Nepean provincial byelection will get together March 1 for an all-candidates meeting in the Woodroffe High School auditorium. The public meeting was organized by Bay Ward Coun. Alex Cullen. Liberal Bob Chiarelli, New Democrat Pam Fitzgerald, Progressive Conservative Beth Graham, and the Green party's Mark Mackenzie will square off on issues like property assessments, housing, transit, child care, home care, health care, water quality and other municipal issues. METRO OTTAWA

Lotteries

Ontario Pick 3: 8 4 6; Ontario Pick 4: 8 2 3 4
Encore: 8491178
Daily Keno: 2, 4, 8, 9, 12, 14, 18, 19, 21, 24, 27, 30, 43, 44, 49, 53, 59, 60, 62, 65
These results are not official.

TRACEY TONG/METRO OTTAWA

Divers from the Quebec Provincial Police prepare to recover the body of a woman yesterday after the truck she was a passenger in fell through the ice into the Ottawa River Sunday.

Divers recover woman's body from Ottawa River

Victim was passenger in truck that fell through ice

TRACEY TONG
tracey.tong@metronews.ca

Divers from the Quebec Provincial Police have recovered the body of a woman after the truck she was a passenger in fell through the ice into the Ottawa River about a kilometre off the shore of Aylmer Sunday afternoon.

Gatineau Police said divers recovered the body shortly after 4 p.m. yesterday.

Although police have not released the woman's name pending identification of the body and notification of next of kin, the victim has been reported as Orleans resident Rachel Taylor, who was returning from a drive at around 2:45 p.m. with her boyfriend when the GMC truck they were driving in broke through the ice between Aylmer Island and the shore.

"The driver was able to get out," said Gatineau Police Lt. Claude Vaillancourt.

Longtime snowmobiler and Aylmer resident Jason Meranger was heading back from a ride on his snowmobile at around 3 p.m. Sunday when he saw a group of people standing on the shore.

He assisted police by bringing cones and caution tape out to mark the area where the truck had gone through so nobody else would be hurt.

"You can't drive there in a straight line," he said of the river. "There are some pretty deadly spots.

"This is a real tragedy."

The QPP divers, who were working on another assignment Sunday, joined Gatineau police in the search yesterday.

Just prior to the search, chief diver Sgt. André Aubry estimated the water in the search area to be between 19 and 29 feet deep.

"The river is always a dangerous place to go because there are currents," said Vaillancourt.

Not safe

- Police are asking drivers to stay off the ice on the Ottawa River.

Political workshop Saturday for women

CITY HALL Women have been stuck as minority participants in government whether it's at the federal, provincial or municipal level.

"Women have been stuck between 21 and 23 per cent," said Kanata North Coun. Marianne Wilkinson.

One of the reasons, believes Wilkinson, is that many capable candidates don't fully understand what is involved with running a campaign and getting elected.

Also, "women are often concerned about handling a political life with children and family, which is usually more of a problem with women than men," said Wilkinson.

In an effort to "demystify" the process, Wilkinson and Barrhaven Coun. Jan Harder are hosting a Women in Politics Campaign School this Saturday at city hall.

The Saturday workshop is also for those interested in running for school board or who are working as campaign managers.

All the presenters this weekend are women. Speakers include former Gloucester mayor Claudette Cai, former Nepean mayor Mary Pitt, writer Joan Weinman, who was the communications manager for Alex Munter's 2006 mayoral campaign, Nepean-Carleton MPP Lisa MacLeod, Ottawa-Vanier MPP Madeleine Meilleur and various school board trustees.

TIM WIECLAWSKI/METRO OTTAWA

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Cops on lookout for knife-wielding attempted robbery suspect

Police are seeking an English-speaking white male between 15 and 20 years old after a man armed with a knife attempted to rob a convenience store in the area of Richmond Road and Poulin Street over the weekend. METRO OTTAWA

City hosting park symposium

DESIGN Tomorrow and Thursday at city hall and the Canadian War Museum, the city is organizing a symposium on the design of the new urban park at Lansdowne Park.

The event serves to inform the five design teams selected to compete for the right to plan the new open space at Lansdowne Park. It will include a tour of Lansdowne and its surrounding neighbourhoods.

The teams will also hear from consultants who have been conducting research on various aspects of the renewal project.

The symposium is also an opportunity for city residents to learn about the design teams and their projects, and to tell the teams what they think should happen in the new park.

TRACEY TONG/METRO OTTAWA

ShareYourViews
ottawaletters@metronews.ca

Green bins divert 20% more waste from landfill

ORGANICS In the two months since the city unrolled its green bin program, the city has diverted 2,000 tonnes of organic material from area landfills.

Last month, city diversion rates were up 20 per cent from the year before. Participation in the green bin program resulted in the biggest increase in residential diversion in years and directly translates into less waste headed to the landfill.

The city reminds its residents that the green bin program does not accept plastics of any kind, including biodegradable or compostable plastics. The city has also revised its green guidelines and is no longer accepting dog feces.

TRACEY TONG/METRO OTTAWA

GAVIN CONROY/COURTESY VINTAGE WINGS OF CANADA

The Kittyhawk is one of the planes students will explore when the Canada Aviation Museum and Vintage Wings of Canada hold a series of technical ground school courses over the next few months.

Vintage aviation takes flight

ANDREW SZTEIN
for Metro Ottawa

Vintage takes flight when the Canada Aviation Museum and Vintage Wings of Canada team up for a series of technical ground school courses over the next few months.

Starting this Saturday, there will be monthly courses focusing on some of the most famed airplanes and fighters that were used in the Second World War.

The all-ages sessions will be focused on a classroom setting, learning about the ins and outs of the technical details of the planes and the history behind them.

"The sessions are perfect for anyone with an interest in aviation," said museum spokesperson Elizabeth Millaire.

"You don't need to be a pilot or have any flying experience to have a good time."

The first session will focus on the North American Harvard 4, the most produced plane in Canada's history, with 3,355 built and counting to this day. The Harvard is typically used for training pilots as its unique and challenging-to-fly construction has been used for decades to "keep pilots on their toes," said Millaire.

In March, the focus shifts over to the Goodyear FG-1D Corsair, the plane flown by Canadian Second World War flight hero Hampton Gray, the last Canadian to be awarded a Victoria Cross.

For the April session, students will explore the Curtiss-Wright P-40N Kittyhawk, an iconic fighter plane used in several ground attack campaigns in the Second World War by Canadian fighter pilots.

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B.C. man found not criminally responsible in death of three children

A Merritt, B.C., father has been found not criminally responsible for the first-degree murders of his daughter and two sons in their home in April 2008. Forty-one-year-old Allan Schoenborn's lawyer maintained his client suffered from a mental disorder when he killed 10-year-old Kaitlynne with a cleaver and then suffocated eight-year-old Max and five-year-old Cordon. THE CANADIAN PRESS

Canada/World

COC admits Canada won't own podium

CEO says team will fall short of its goal

VANCOUVER 2010 Games

Canada won't own the podium at the Vancouver Games after all.

With seven days of competition remaining, the Canadian Olympic Committee raised the white flag yesterday on the host team's goal of finishing first overall in the medal count.

"We are going to be short of our goal," CEO Chris Rudge said at the team's daily news briefing.

As of earlier last night Canada had nine medals (4-4-1), tied for fifth with South Korea and Austria, and far behind the U.S. at 24. Germany was second with 21, followed by Norway with 14 and Russia with 10.

"We'd be living in a fool's paradise if we said we were going to catch the Americans and win," Rudge said. "We're not throwing in the towel. You never do that when you are in the middle of a fight, but it's difficult. They are way out ahead at this point and it would be unrealistic to state that we are going to catch them."

RICHARD LAM/THE CANADIAN PRESS

Chris Rudge, CEO of the Canadian Olympic Committee, said Canada is raising the white flag. Rudge acknowledged yesterday it's unrealistic to believe Canada can catch up to the U.S.

It was like an elephant left the room when Rudge acknowledged Canada wasn't going to finish first at these Games. That atmosphere contrasted starkly with the previous day when defensive Canadian officials maintained Canada could still finish first overall. The Canadian public invested heavily in the program. Of the $117 million invested in athletes, $66 million of it was taxpayer dollars.

The turning point was Sunday, when the potential for three medals in speedskating and men's ski cross produced a single silver.

THE CANADIAN PRESS

No. 2 OK for Buzz

- Canada's Olympic team, take note: the second man to walk on the moon says you don't always need to be first to be successful. Buzz Aldrin, one of many celebrities who has come to Vancouver to take in the Olympics, says too much emphasis is placed on being No. 1.

Mistaken NATO airstrike kills Afghan civilians

NATO jets mistakenly killed at least 21 people in central Afghanistan, officials said yesterday, the deadliest attack on civilians in six months. The strike prompted a sharp rebuke from the Afghan government as it struggles to win public backing for a major military offensive against the Taliban in south.

Also yesterday, a suicide bomber detonated explosives at a community meeting in eastern Afghanistan, killing 15 civilians — including a prominent tribal leader widely criticized for failing to prevent Osama bin Laden's escape at Tora Bora after the Sept. 11, 2001 attacks.

The civilian deaths occurred as 15,000 NATO, U.S. and Afghan soldiers were in their 10th day of fighting insurgents in the southern town of Marjah. The mission is to rout the Taliban, set up a local government and rush in aid to win public support.

The alliance said its planes fired on what was thought to be a group of insurgents in Uruzgan province on their way to attack NATO and Afghan forces. Interior Ministry spokesman Zemeri Bashary said the airstrike hit three minibuses, which were travelling on a major road.

Although the airstrike was not related to the Marjah offensive, civilian casualties undermine NATO's goal of turning back the Taliban and winning the confidence of the Afghan people — one of the main objectives of the southern operation.

Afghan President Hamid Karzai has repeatedly called on NATO to do more to protect civilians during stepped-up military operations, and the Afghan Cabinet strongly condemned the airstrike.

THE ASSOCIATED PRESS

Arizona **What up, dog?**

JACOB CHINN/THE ASSOCIATED PRESS

This photo released by Guinness World Records shows Giant George, a Great Dane from Tucson, Ariz., who stands three feet, seven inches tall from paw to shoulder, making him the world's tallest dog. Sitting under Giant George is owner David Nasser.

Homeless say they are being evicted

Haiti Crisis

PORT-AU-PRINCE Homeless victims of Haiti's earthquake said yesterday that police are halting deliveries of food and water to try to force them to leave their camp on the grounds of the prime minister's office. Police have padlocked gates to the camp where about 2,500 homeless people live under bed sheets propped on sticks on the sloping hill leading to the office. Stinking garbage with swarms of flies is piling up and portable latrines are filled, camp residents complained.

Witnesses said police beat 22-year-old Dalida Jeanty in the morning after she picked up a broom to sweep around her tent. "They called her and she did not come so they beat her," said her cousin, Alix Jeanty.

A police officer guarding the gate refused to give his name or to comment on the alleged beating or on accusations they have been turning away trucks carrying food and water for the past 10 days. Calls to the information ministry yesterday were unanswered.

THE ASSOCIATED PRESS

News in brief

RCMP Liberal members of a disbanded Senate committee have taken the unusual step of releasing a position paper while Parliament is shut down, recommending sweeping changes to the embattled RCMP.

WILLIAMS Newfoundland and Labrador Premier Danny Williams says he decided to go to the United States for heart surgery earlier this month based on the advice of his doctors. Williams says he had a "minimally invasive" surgery in Miami that was not offered to him in Canada. THE CANADIAN PRESS

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ScanLife

A shadow may be cast on Canada's G8 summit hosting after report blasts "systemic erosion" of gender equality. Scan this code for the story.

Opposition blasts feds on rights group

POLITICS The federal government is trying to restore order at a troubled rights agency by appointing a former Quebec politician and respected international activist as its new head.

The opposition isn't buying it.

Lawrence Cannon

Foreign Affairs Minister Lawrence Cannon has nominated Gerard Latulippe, a former Quebec Liberal who also ran for the Canadian Alliance federally in 2000, to take over at the tumultuous Rights and Democracy agency.

"I fully believe that Mr. Latulippe is the ideal candidate to return Rights and Democracy to the promotion of Canadian values of freedom, democracy, human rights and the rule of law," Cannon said.

The nomination hit political roadblocks within hours.

Cannon must consult the opposition parties on Latulippe's appointment. He said he hopes the new appointee can be in place by mid-March.

Liberal Leader Michael Ignatieff dismissed the government's move, saying it had turned the agency upside down by stacking the board with conservative directors and now wants to compound the problem.

THE CANADIAN PRESS

News in brief

DRUGS Germany's oldest drug dealer is to go on trial today in the city of Wuppertal. The 85-year-old grandmother from the western city of Solingen has admitted to trafficking heroin in 2008 that she had purchased in the Netherlands, before passing on the drug route to her grandson in 2009. If convicted, she faces five to 15 years in prison.

METRO WORLD NEWS

WASHINGTON An aide to Dick Cheney says the former U.S. vice-president is in George Washington Hospital after experiencing chest pains. Cheney's assistant, Peter Long, said in a statement last night that the 69-year-old Cheney was resting comfortably and his doctors were evaluating the situation. Cheney has a history of heart problems and uses a pacemaker.

THE ASSOCIATED PRESS

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Comment

PM can't compare to bully Brown

NationalReport
Lawrence Martin

metronews.ca/nationalreport

British Prime Minister Gordon Brown treated staff so harshly, it is revealed, that some of them contacted the National Bullying Helpline for assistance in dealing with him.

The revelation follows publication of a book revealing all sorts of tantrums by the prime minister — grabbing staffers by the lapels, pulling them out of chairs, punching walls. And we all thought Brown was a staid economist, duller than dishwater.

Now that the news is out, Brown's spinners, while denying some of the allegations, are trying to work the story in their favour. These outbursts show a tough-minded leader at work, his PR men say, so dedicated to solving the nation's problems that he is sometimes overcome by emotion.

The revelations from across the pond will likely be greeted with some relief in the office of Stephen Harper, a prime minister painted as somewhat of a bully himself.

Interviews with many who have worked in the Harper PMO reveal that he can be cold and severe and occasionally blow a gasket. But if the stories about Brown are true, it should be said that our prime minister isn't even in the same league. No staffers running to bully hotlines here.

Nor have we seen our PM get so irate that, à la Jean Chrétien in 1996, he grabs a protester by the throat and hurls him to the ground. Nor does he appear to have the short fuse of a Brian Mulroney, who would go into frequent rages, or John Diefenbaker, who was a towering inferno of megalomania.

The issue with Harper is not whether he bullies staff. It's whether he bullies the system. It's whether his smearing of opponents, his inclination toward censorship and secrecy, his overcentralizing of powers have downgraded democracy to an unprecedented degree.

The latest allegation suggests that his operatives have violated access to information regulations by delaying or blocking the release of potentially embarrassing government documents. Before this, we saw stories of how his political team crushed a democratic challenge to the nomination of incumbent MP Rob Anders in Calgary. Before this, literally dozens of other such examples.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Treat others as you would like to be treated

ModernLife
Georgie Binks

metronews.ca/modernlife

Remember when working out relationship woes involved visiting a therapist, who taught you stuff like, "I hear you saying this," or "When you shout at me it makes me feel sad."

So why is it when most of us show up at the returns counter or put a phone to our ears, with a customer care rep on the other end and a kid's cellphone bill in our hands, we revert to our first therapy visit — but with more extreme anger management issues.

It's not like we haven't been set up. Who came up with the idea that local or weekday calls should cost more than long distance?

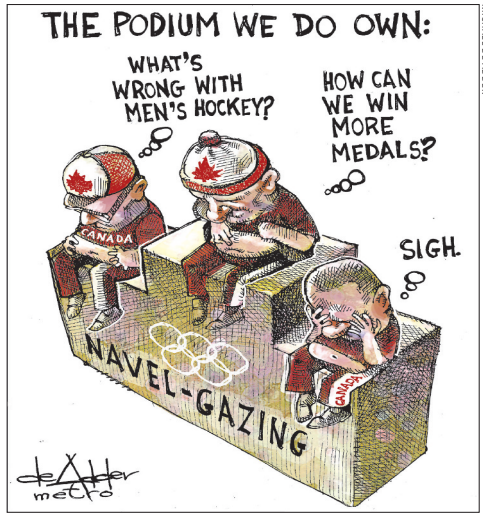
All this nonsense created by sadistic technology warlords has produced a new underclass of abused people — customer care reps.

Recently, I returned a defective camera battery. Initially, the young female clerk told me, "Sorry, it's after 30 days ..." Instead of yelling, I sighed about my daughter's disappointment in not being able to photograph a girls' weekend. Suddenly, I was her mom. Sooner than you can say, "Can I have the keys to the car" she waived that 30-day policy.

Weeks later I had a similar encounter. Set to do battle over a faulty clothes dryer, I was thrown off balance by a pleasant sounding clerk. Immediately I imagined her to be named Verna. Instead of yelling, I beseeched her, "Just listen to my story." Soon, she was imagining me as her next door neighbour and my bank account was $200 richer.

Which brings me to my conclusion — treat people like humans and they'll do the same back. And if I forget, I'll remember these words, "When you charge me 35 cents a minute for a local call, it makes me feel sad ..."

Georgie Binks is a Toronto freelance writer who writes about gender and relationships; georgiebinks@rogers.com



MICHAEL DE ADDER

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Bank exec turns down bonus

Lloyds Banking Group said yesterday that chief executive Eric Daniels has turned down his 2.3-million pound ($3.6-million US) bonus for 2009, becoming the fourth top U.K. banking executive to refuse his bonus. THE ASSOCIATED PRESS

Business

DOLLAR	GAS	OIL	TSX
US 95.91¢	US $4.89	US $80.16	11,634.75
US 0.2¢	US 14.9¢	US 35¢	74.54

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Toyota in hot seat with U.S. Congress

Facing tough questions in the U.S. Congress, Toyota Motor Corp. said yesterday that federal prosecutors have launched a criminal investigation into the company's safety problems and the U.S. Securities and Exchange Commission was probing what the automaker told investors.

Lawmakers pledged to ask executives about internal documents showing that Toyota visited with regulators who "laughed and rolled their eyes in disbelief" over safety claims.

The twin developments created new challenges for Toyota officials scheduled to testify at hearings today and tomorow amid concerns that the company and federal regulators failed to take safety problems seriously.

Congressional investigators are reviewing the Japanese automaker's recall of 8.5 million vehicles since fall to deal with safety problems involving gas pedals, floor mats and brakes.

In a new filing with the SEC, Toyota said it received the grand jury request from the Southern District of New York on Feb. 8 and got the SEC requests Friday.

The investigations raised the possibility of hefty fines for the automaker or possible indictments against executives in the United States or even in Japan. The latter would require executives to be extradited to the U.S. to face trial.

"As a general matter, prosecutors will look at whether individuals may have violated the law and bring charges against them as individuals, rather than seeking to build a case against the corporation itself," said Robert Mintz, a former federal prosecutor in New Jersey who leads the government investigations.

THE ASSOCIATED PRESS

Subpoena

- It wasn't immediately clear what U.S. laws Toyota might have broken. A subpoena would specify why prosecutors sought company documents, but Toyota would not comment.

Experts expect gas price rise

ENERGY PRICES History says gasoline prices will rise in the coming months. But fundamental market forces say they shouldn't, according to energy experts.

Energy adviser Roger McKnight of Oshawa-based En-Pro International Inc. says he expects gasoline prices to peak near $1.08 to $1.12 a litre before the May 24 weekend.

Prices are currently just below $1 a litre at many gas stations in Greater Toronto.

Fred Rozell, retail pricing director of Oil Price Information Service, agreed that traditional market forces don't point to a price increase.

Yet he, too, predicts gasoline prices are heading higher.

TORSTAR NEWS SERVICE

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SCANLIFE
Toyota Canada launches nationwide campaign to educate Canadians on what went wrong during recall. Scan this code for the story.

Singapore On tour

WONG MAYE-E/THE ASSOCIATED PRESS

Tourists take photos of the financial district in Singapore yesterday. Singapore's 2010 budget will boost funding for job training and raise company fees on foreign workers.

Upgrader set to work in April

OILSANDS Suncor Energy Inc.'s fire-damaged oilsands upgrader is expected to be back in service in early April, squeezing production from Canada's biggest energy company for the next few months. A fire broke out two weeks ago at Suncor's U1 upgrader, which processes heavy crude from its oilsands operations north of Fort McMurray, Alta., into a higher quality type of oil. Calgary-based Suncor said yesterday it has finished assessing the damage.

THE CANADIAN PRESS

Your Money

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Run, run for your life! Straight to the bank. Quick, get that mortgage pre-approval. Dash to the nearest real estate office. Buy. Buy. Buy. Get into the housing market while the getting is good — and possible.

Whoa! Wait a minute.

Last week, federal Finance Minister Jim Flaherty put the squeeze on prospective homebuyers with new rules designed to let some air out of the real estate market. Of course, making it more difficult to qualify for a mortgage could cause a mini-stampede between now and April 19 when the rules come into effect.

After that date mortgage applicants have to meet the standards of a five-year fixed rate mortgage, even if they are applying for a lower variable rate. That means, on a $250,000 mortgage, you must qualify for roughly $250 more in monthly payments.

Nonetheless, don't rush off in a panic to buy before April 19. Instead armour yourself against the biggest threat to homeowners and buyers — rising interest rates.

Here's how to do it:

1. **Aim for a down payment of 20 per cent or more.** You won't have to pay for mortgage insurance, saving at least $5,000 on a $250,000 mortgage. You'll also have a smaller balance exposed to higher rates.
2. **Go for as short an amortization as possible.** Twenty-five years was the standard until 2006. Now 35 years is commonplace. The additional 10 years decreases your monthly payments by $200 on a $250,000 mortgage. But it increases your total interest payments by a whopping $91,000 over the life of the mortgage. The longer amortization period also makes you more vulnerable to interest rate increases.
3. **Plan to make lump sum payments** or select a biweekly schedule and reach the mortgage-free day much sooner.
4. **Get rid of non-essential credit** such as retail credit cards you may have applied for in order to get a price reduction or make a buy-now-pay-later purchase. And reduce or eliminate line of credit limits. This will improve your credit score making it easier to qualify under the new rules.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

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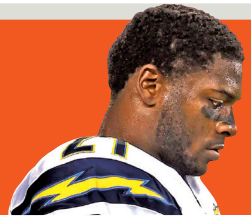
Iverson leaves team to be with ill daughter
Philadelphia 76ers guard Allen Iverson has left the team and is out indefinitely to spend time with his ill daughter. Iverson will miss at least the remaining three games of Philadelphia's road trip. THE ASSOCIATED PRESS

Sports



Tomlinson cut by Chargers

LaDainian Tomlinson, left, was released yesterday by the San Diego Chargers, ending a brilliant nine-year run in which he became one of the NFL's greatest running backs. The move had been expected for some time. Tomlinson, who turned 30 last summer, was injured early in the 2009 season and finished with 730 yards on 223 carries for an average of 3.3 yards per carry, all career lows. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Hill, Lind to bat 2-3 for Jays: Gaston

The first day of Cito Gaston's last spring training produced some early news.

Reversing a thought from earlier in the winter regarding his batting order, Gaston has decided not to move his two best hitters, Aaron Hill and Adam Lind, from the two-three holes where they each produced career years in 2009. He had planned to bat Hill third and Lind fourth.

"Even though I said I would try it in spring training, then I'm messing with their minds," Gaston said. "I think Hill would do it in a second, but he's just going to put more pressure on himself. I want him to be himself. When Lind gets here I'll make sure I talk to him."

Lind had declared himself uncomfortable batting fourth. That was the main element in the manager's decision to leave it well enough alone. Lind was named the DH of the year batting third, while Hill won a Silver Slugger for his work at second base, batting in the two-hole.

"I've preached it a lot and I've lived by it, too," Gaston said. "I like to keep people comfortable. I played this game and if you're not comfortable where you are, sometimes you just don't perform."

Bookending his two hitting stars, Gaston's preliminary batting order would see right fielder Jose Bautista as the leadoff man and veteran Vernon Wells returning to the cleanup spot.

Even though Bautista is not the traditional leadoff hitter, Gaston remembers having success with another non-traditional hitter at the top of the order.

"Devon White didn't want to be a leadoff hitter. I said, 'Devon, it's just one time.' After that it was alright. I never asked him to act like a leadoff hitter, to go up there and walk. Go up there and be aggressive and he did that and he was great." TORSTAR NEWS SERVICE

DARREN CALABRESE/THE CANADIAN PRESS

Blue Jay Aaron Hill, left, watches catching hopefuls with catching coach Sal Butera yesterday as pitchers and catchers work out at the Jays' spring training facility in Dunedin, Fla.

m.metronews.ca

"It's nice to have him back," Hank Aaron says of Mark McGwire after the slugger's admission to steroid use. Scan this code for the story.

Sports in brief

SOCCER Ronaldo says he will retire after the 2011 season. The 33-year-old Brazilian striker extended his contract with Corinthians yesterday, and plans to play two more seasons before putting an end to a career of more than 17 years.

DELGADO Free-agent slugger Carlos Delgado says his latest hip surgery went well and he is looking forward to getting back onto the field. Delgado is quoted as saying in yesterday's edition of El Nuevo Dia newspaper that he wants to be "completely sure" that he's healthy and able to continue his comeback.

METRO NEWS SERVICES

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Milwaukee 83 New York 67
Washington 101 Chicago 95
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Ski jump gold for Austria

Austria won the gold medal in the Olympic team ski jump yesterday. Led by 20-year-old Gregor Schlierenzauer's 146.5-meter jump, Austria defended its title from the 2006 Turin Games with 1,107.9 points. THE ASSOCIATED PRESS

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

'Sloppy' Martin beats U.S. to keep record perfect

CURLING The "Michael Jordan of curling" didn't bring his A or even his B game to the Olympics yesterday but Kevin Martin's Canadian rink was still good enough to easily defeat the United States to run its record to 8-0.

Canada gave up a rare steal in the first end and finally took control in the fourth end but at one point Martin was curling a paltry 38 per cent efficiency while third John Morris was even worse off at 13 per cent.

"Ooh, lucky number 13," chuckled Morris after Canada rebounded to beat John Shuster's team 7-2.

"Yeah, a little sloppy. I don't think it was our best first five ends but when you have round-robin first place wrapped up at this stage, I think that's sometimes expected."

After the game, Shuster heaped maybe the ultimate praise on Martin, anointing him "the Michael Jordan of curling".

Martin was also laughing at his team's first-half effort but admitted wrapping up first place going into Thursday's semifinals took away from the team's focus.

"We came out with a little bit of complacency or a lack of focus after yesterday's big win," said Martin. "But as soon as they put a scare into us we all came around really well and didn't miss much in the last five ends.

"It was good though to see the fire in the guys and getting upset and that was perfect. You can't breeze through these things easy and we did show a little complacency this morning."

Martin has no idea who he will play in the semifinal but one thing is clear — the teams below him, including Norway's Thomas Ulsrud, are scrambling to avoid him.

Kevin Martin

Ulsrud, who is 6-2 after pounding France 9-2, is in the playoffs but doesn't yet know his final position.

"I'm going to be honest with you," said Ulsrud, the bronze medallist at the 2009 world championships.

"I would rather not play Kevin in the semis. Who else I play it doesn't matter because we're all really equal. It's Kevin up there and then underneath it's a real battle."

THE CANADIAN PRESS

Rout puts Bernard in playoffs

CURLING Ever since she clinched her spot at the Vancouver Olympics, Canadian curler Cheryl Bernard has heard her rink lacks the international experience to thrive on sport's biggest stage.

She doesn't expect to hear that anymore.

Bernard clinched a spot in the women's curling playoff round with a 6-2 pounding of defending Olympic gold medallist Anette Norberg of Sweden yesterday. With another round-robin victory, Bernard can clinch the No. 1 seed in the tournament.

"Our lack of international experience is probably over now," Bernard said. "That for us is a really good thing because that was kind of a monkey on our back coming in here, that we didn't have any."

Bernard's tilt with Norberg was billed as a possible gold medal preview — the two rinks entered the game with identical 5-1 records, good for first place in the tournament.

THE CANADIAN PRESS

MATT SLOCUM/THE ASSOCIATED PRESS

Canadian forward Meghan Agosta celebrates after scoring past Finnish defenceman Heidi Pelttari and goalie Noora Raty yesterday in Vancouver. Canada won 5-0 to reach the gold medal game.

Canada vs. U.S. a go for final

No upsets on road to gold medal game

JEFF HODSON
Metro Canada

Canada's women's hockey team will take on the U.S. in a rematch of the 1998 and 2002 gold medal games on Thursday after both countries cruised to easy victories yesterday at Canada Hockey Place.

Canada beat Finland 5-0 yesterday evening, while the U.S. took a measure of revenge on Sweden — the team that upset them in the semifinals in Turin in 2006 — trouncing them 9-1.

Canada is the defending champion from Salt Lake City and Turin and it is the third time that the two teams have met in the final since women's hockey was included in the Olympics in 1998.

"It's something that people love to watch and we love to play in," said Canadian forward Jayna Hefford, of the upcoming battle with the Americans.

"It's going to be a battle all night … (People are) going to see the best women's teams that have ever been on the ice," she predicted.

"It's going to be a battle all night."
Jayna Hefford, Team Canada

Last night, Canada opened the scoring about five minutes into the first period against Finland when Cherie Piper slammed home a backhand feed in the slot from Meghan Agosta. Haley Irwin added a second later in the period when she poked in a loose puck past Finland goalie Noora Raty.

The Finnish goaltender was outstanding, stopping 45 of the 50 shots she faced and keeping the Finns in the contest until about the 17 minute mark of the second period, when Agosta, the trailer on a three-on-two with Hefford and Tessa Bonhomme, snagged the rebound and put the puck top shelf.

Irwin added her second goal of the game in the third, banking a backhand off Raty's pad as the goaltender struggled to get back in position. Caroline Ouellette added the fifth with a minute left in the third period.

On the uphill side of the ice, Canadian goalie Shannon Szabados was perfect, stopping 11 shots for the shutout.

At a press conference following his team's drubbing of Sweden, U.S. head coach Mark Johnson — a member of the American's 1980 miracle on ice team (yesterday was the 30th anniversary of that U.S. gold medal win over the Soviets) — said he was proud of the strides his team had made in the months leading up to the Games.

"The big thing for the group is to make sure we enjoy the next couple of days," Johnson said. "Mentally, try and get yourself prepared to play the best hockey that you've ever played."

Sweden's coach Peter Elander, who has coached against Canada and the U.S. this tournament, compared both teams.

"The U.S.A. play with a little more speed, play quicker." Elander said. "Canada is stronger. It's hard to play against them both, but it's fun to watch them play."

What to watch today

TV Highlights

Noon: Women's curling
Canada vs. Britain (Sportsnet).
2:30: Biathlon
Women's 4 x 6 km relay gold medal (OLN).
3 p.m.: Men's hockey
Switzerland vs. Belarus (Sportsnet).
4 p.m.: Alpine skiing
Men's giant slalom gold medal (TSN).
4:15 p.m.: Freestyle skiing
Women's ski cross gold medal (CTV).
5 p.m.: Nordic combined
Men's team 4 x 5 km relay gold medal (OLN).
5:15 p.m.: Men's curling
China vs. Canada (TSN).
5:30 p.m.: Men's curling
Britain vs. Norway (Sportsnet).
7:30 p.m.: Men's hockey
Canada vs. Germany (CTV).
8 p.m.: Figure skating
Women's short program (Sportsnet).
10 p.m.: Men's hockey
Czech Republic vs. Latvia (TSN)
10 p.m.: Women's curling
Canada vs. Russia (Sportsnet).
Midnight: Men's hockey
Slovakia vs. Norway (CTV).

TIMES MAY CHANGE

VANCOUVER GAMES

Medal Count

NATION				TOTAL
U.S.	7	7	10	24
Germany	7	9	5	21
Norway	6	3	5	14
Russia	2	3	5	10
Canada	5	4	1	10
South Korea	4	4	1	9
Austria	3	3	3	9
France	2	2	4	8
Switzerland	5	0	2	7
Sweden	3	2	2	7
China	3	1	1	5
Netherlands	3	1	1	5
Poland	0	3	1	4
Italy	0	1	3	4
Slovakia	1	1	1	3

On the web

- Up-to-date medal standings and results
- Complete day-by-day event schedule
- Metro-Blenz News Squad on-the-ground blog

Visit metronews.ca for more Games coverage.

RYAN REMIORZ/THE CANADIAN PRESS

Canada's goaltender Roberto Luongo takes part in the team's practice yesterday.

Luongo gets the nod

Team Canada is ready to sink or swim at the Olympics with Roberto Luongo in goal.

Coach Mike Babcock tabbed the Vancouver Canucks goaltender yesterday to take over from struggling veteran Martin Brodeur for as long as Canada can go at the 2010 Games.

It starts with a must-win game against Germany tonight. A victory would put Canada into a quarter-final tomorrow against powerful Russia.

"That's our plan — he has an opportunity here and he has to play well," said Babcock.

Luongo said he was told of the change after Canada was beaten 5-3 by the United States in their final preliminary round game Sunday night, when Brodeur allowed four goals on 22 shots while American goalie Ryan Miller was making 42 saves at the other end.

That gave the U.S. a bye into the quarter-finals, while Canada must first play its elimination game against Germany, a tight-checking underdog.

Luongo started Canada's first game of the Olympics, making 15 saves for the shutout in an easy 8-0 win over Norway, but then ceded the net to Brodeur, the NHL's all-time leader in wins and shutouts, for the next two games.

"It's going to be fun to play in front of the fans again," said Luongo. "It was a great experience in my first outing.

"I've played at world championships and world juniors and some playoffs, but this I'm really excited about," the Montreal native said.

He will also be playing in the Canucks' home rink — GM Place, which was renamed Canada Hockey Place for the Games.

THE CANADIAN PRESS

Yzerman believes

• Steve Yzerman still believes in the 23 players representing Team Canada. The executive director of the men's Olympic hockey team says Canadian teams tend to start slowly at international hockey tournaments.

Germans looking forward to Canadian 'challenge'

HOCKEY If Christian Erhoff has any secrets on how to beat his Vancouver Canucks teammate Roberto Luongo, he's not about to share them with the world.

Christian Erhoff

With his countrymen, however, is another story.

"If he has some weaknesses," Erhoff said, "I'm going to share them with my teammates. Maybe one thing or the other, but ... that's for the dressing room."

The German men's team has yet to win a game this Olympics and will be heavy underdogs in today's elimination tilt against Canada.

Luongo will get the start for the Canadian team that was relegated to the quarterfinals after a 5-3 loss to the U.S. on Sunday.

"It's going to be a great challenge for our team," Erhoff said. "(Canada) is a team loaded with NHL superstars, so it's going to be a lot of fun for the guys who usually play in Germany ... there's no pressure on our team, it's the total opposite than the pressure that is on Canada."

Boston Bruins forward Marco Sturm said his German team would have to be perfect to manage a win against Canada.

"We have to be realistic," Sturm said.

"We're big underdogs. We're just going to go out and work hard."

JEFF HODSON/METRO CANADA

Vancouver Games in brief

CROSBY It looks like the Canadian men's hockey team will break up the Sidney Crosby-Rick Nash combination. Crosby and Nash played together for the first three games in Vancouver with a variety of other wingers, but Nash has yet to find the net. In practice yesterday, Crosby had Jarome Iginla on right wing and Eric Staal on the left side, while Nash moved into Staal's spot on left wing with Ryan Getzlaf and Corey Perry on another line.

RATINGS CTV says 10.6 million Canadians watched the Canada-United States Olympic hockey clash Sunday, making it what the network calls the most-watched sports program in the country's history. The average number of viewers for the game exceeded the 10.3 million who watched the same two countries in the hockey final at the 2002 Winter Olympics.

THE CANADIAN PRESS

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Health & Beauty

EDITOR: EMMA. YARDLEY@METRONEWS.CA

Daily stress takes its toll on sexual desire

Some methods to deal with stress

...and save your love life

- Identify the root of your problems.
- Work through ways to solve the problems.
- Talk to others.
- Exercise regularly.
- Do activities that take you away from your stressors.
- Don't waffle: Make decisions.
- Avoid putting things off.
- Make a schedule of leisure activities
- Delegate if you are too busy.

CANADIAN MENTAL HEALTH ASSOCIATION

CELIA MILNE
for Metro Canada

No time for yourself? Hate your job? Can't pay your bills? Time to de-stress before it hurts your sex life.

"Stress plays a significant role in dampening libido," says Eli Bay, a relaxation expert in Toronto.

"If you are tired and you don't have the urge and you can't perform, it is very likely a stress thing," he adds.

Bay is a skill trainer who has been teaching people the tools to deal with stress for 32 years.

Stress can affect sexual health in both men and women.

"Stress is a fight or flight reaction. It is great in an emergency, but not when you are trying to heal, make love or be creative," he says.

When you are stressed, your body becomes focussed on defending itself — poised for battle.

"People are walking around with low level stress all the time. That's the new normal.

"It takes a toll. Your energy is sapped by having a constant low-level stress."

Along with common signs of stress such as poor sleep, anxiety, allergies, gastrointestinal problems, heartburn, indigestion, grinding teeth, depression, and asthma, Bay has seen people suffer from erectile dysfunction, loss of desire, and impotence.

PHOTOS.COM

Trying to balance household finances and over-loaded work schedules can affect stress levels.

"People are walking around with low level stress all the time. That's the new normal ... Stress affects the flow of hormones in the body. It dampens the hormones that enhance the sexual act."

Eli Bay, Relaxation expert

It makes sense because when you are stressed, you feel tired and angry.

Your muscles are tense and your breathing is shallow, your blood pressure is up, your blood sugar may be up, and your body is getting ready for flight.

"Stress affects the flow of hormones in the body. It dampens the hormones that enhance the sexual act."

Exacerbating the problem for some people is the fact that medications for depression and anxiety can cause sexual dysfunction and impotence.

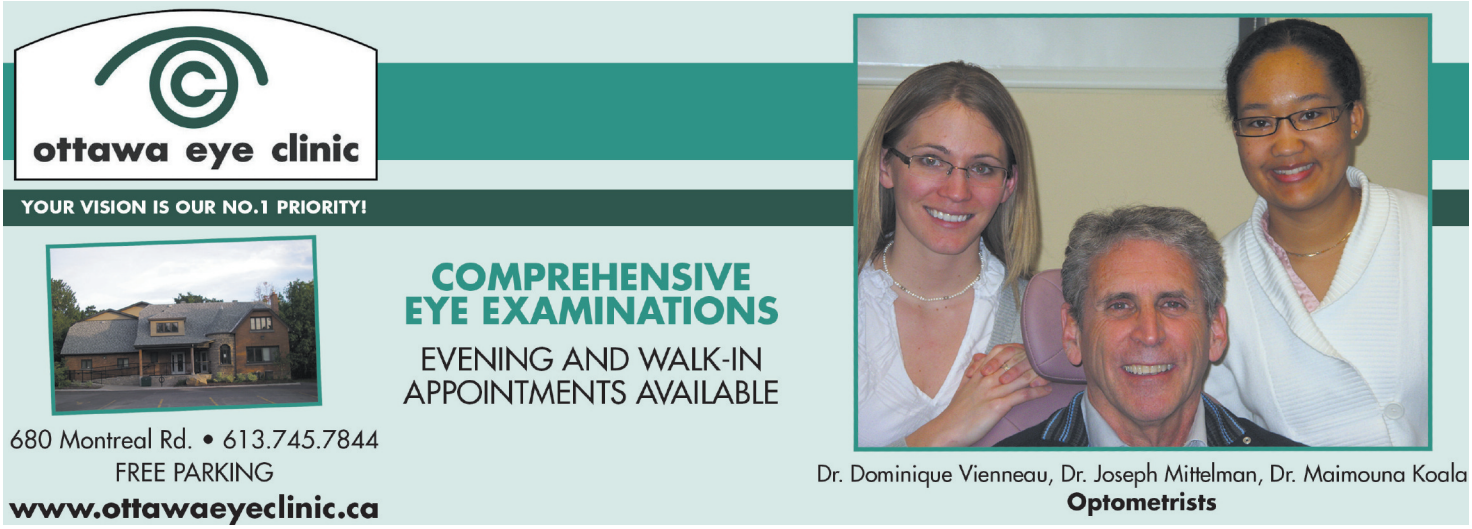
Crutches such as alcohol, smoking and drugs can make the problem worse.

Bay is a proponent of using relaxation techniques to quell the effects of low-level stress.

"It's not a pill, it's a skill. Cultivate it, develop it, practice it and when you are in need of it, call upon it.

"People who are stressed out before they plan to make love need to take time, relax, breathe, use slow, deep, full breathing. It can be very powerful. It brings you into the moment."

How stressed are you? Bay's website, elibay.com, provides a quiz to answer that question, and offers DVDs, training sessions and other tools to help you learn to relax.



Distance makes the heart grow fonder

Or does it? Technology's role in long distance relationships

Maintaining a relationship when geography keeps you apart isn't easy.

Technology has certainly helped to bridge the gap. But while things like web cams and Skype, texting and email can literally keep you connected when school, work or even war separate you for long periods of time, these new technologies don't always make long-distance relationships easier.

In fact, sometimes they can even make things worse.

"One of the problems with email when you're in a long-distance relationships is that you can't express tone and it's easy to misread things," explains 32-year-old Lisa, who's boyfriend of two years is in Australia for a year for work.

"Emoticons help a bit, but there are limitations. Once in a while we deal with bigger emotional stuff by email, but we try to avoid it," she continues.

"It can be tempting to write things in email you wouldn't say to each other in person and, once it's in writing and you hit send, you can't take it back."

Texting can be great because you can send each other quick "hits" throughout the day just to let the other person know you're thinking about them. But, because technology has trained us to expect constant and immediate communication, if you don't get a returned text immediately, it's hard not to fill the empty space with doubt about why you haven't heard back.

In some cases, communicating more often can even push long-distance couples apart.

Gregory Guldner is the director of the Center for the Study of Long Distance Relationships in the U.S. He also spent four months as an emergency physician in Iraq.

In an article in Forbes magazine, he says that, in the military, for instance, tools like satellite phones have broken down some barriers that would have better been left standing.

"Technological communication can interfere with the separate worlds that people are trying to maintain," Guldner is quoted saying.

"When a soldier is pinned down in combat and his wife is at home trying to deal with a broken dishwasher, they can't really relate to one another."

And communication technology can only take "that long-distance feeling" so far.

Lisa and her boyfriend have regular video conferencing "dates."

But, says Lisa, "While it can be fun to watch a movie together on a Saturday night while we're both on web cam, sometimes, the experience just makes me miss being physically together even more."

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

PHOTOS.COM

Tampons are a contributing factor is disrupting pH balance.

Finding pH balance

CELIA MILNE
for Metro Canada

SEXUAL HEALTH Your period isn't just a monthly nuisance. It can also throw off your vaginal pH balance and trigger longer-term problems.

"Many women who suffer from recurrent infections find that their period is often the event that sets them in motion," says Dr. Machelle Seibel, a leading expert in women's health and Professor of Obstetrics and Gynecology at the University of Massachusetts.

"During your period, it is best to use the lowest absorbency tampon possible, altering the absorbency as the period flow fluctuates.

"It is also a good idea to change the tampon at least every four to eight hours to keep the pH balanced."

In healthy women, vaginal pH is typically 3.5 to 4.5 which is acidic enough to create a hostile environment for unwanted bacteria.

But blood has a pH of 7.4, so during your period pH becomes elevated by menstrual fluids. Tampons contribute to the elevated pH as they retain the fluids that cause pH to increase.

If your vaginal pH is out of whack, you may experience odor, irritation or infection. Other things that can elevate pH are sex, douching and fancy soaps.

Seibel suggests avoiding feminine products containing deodorants and scented soaps.

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THE ORAL CARE WAY TO WEIGHT LOSS

We now find ourselves a couple of months into the new year. Days are starting to get longer and before you know it, we may actually see some signs of spring!

Some of you may be a couple of months into a new and healthier lifestyle, motivated by the desire to trim off some of the excess pounds that may have built up over time. The thought that summer, and bathing suit season are just around the corner can help provide that extra bit of motivation to work toward your goals.

You may not believe it at first, but good oral health care practices can help in your fight to lose weight! As incredible as it sounds, it is TRUE!

So you may be wondering how brushing your teeth and visiting the dentist can help you win the battle of the bulge. The first thing to consider is that good oral health care is more than just brushing.

Good oral health care also includes making healthier eating choices – choices that have less sugar and the empty calories that are associated with sugary, starchy foods. Rather than chocolate bars or other processed food snacks, good oral health care foods will include more whole fruits, vegetables and nuts.

These foods have less sugar and are less likely to contribute to harmful plaque buildup…the precursor to gum disease and tooth loss! Some of them even have cleansing properties that can help if you find that you are unable to brush your teeth right away!

Dr. Wayne Perron
Dental Surgeon

They also have a greater nutritional component, meaning that the calories in these foods actually contribute more of the nutrients your body needs. That is why they would not be considered empty calories!

Even with these foods, however, brushing and flossing are still vital to good oral health. And from the weight loss perspective, brushing can be a key to further helping with your diet. This is due to the effect brushing can have on your mind.

While your efforts to stick to your New Years resolution may be holding true most of the time, some people still struggle with giving up even the smallest bit of sweet dessert after dinner. You may feel that your body is just craving even one little chocolate. The problem is that even a modest amount of chocolate can contain 250 calories…calories you really do not need.

And the truth is it is likely the mind, not the body, that is having that craving. So to defeat the craving, trick your mind by brushing your teeth.

A minty toothpaste can taste sweet enough to satisfy your mind's craving for something sweet. Plus brushing sends a signal to the brain that dinner is over…no need for a sweet dessert. Just imagine the calories you will save yourself with this simple, effective trick.

So think of oral health care as another weapon in your fight to be trim. Talk to your dentist about any questions you may have as to how better oral care can lead to a healthier, happier, trimmer you… because maintaining a health body weight is a healthy habit…and healthy habits lead to healthy lives.

Dr. Wayne Perron
- Dental Surgeon

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Food

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Personal Gourmet recipe of the month — ROSE REISMAN

Heart healthy recipes

Smoked Salmon Sushi Squares.

It seems salt is the new trans fat.

Experts are warning us that high intake of salt may lead to high blood pressure, heart attack or stroke. Although salt, is a mineral that is essential for our health, we consume this often hidden flavouring in excess.

Nearly 80 per cent of the salt in North American diets comes from processed and packaged food. Another 10 per cent of our salt intake is the salt that occurs naturally in foods. This means that you only control 10 per cent with the saltshaker.

In the spirit of "Heart Month" try some of my delicious lower sodium recipes.

Smoked Salmon Sushi Squares

PREP TIME: 15 MINUTES
COOK TIME: 12 MINUTES

My corporate clients vote this their favorite appetizer. It's the perfect solution for those who shy away from sushi because of concern about eating raw fish. Nori is available in good quality supermarkets and Asian food shops.

SERVES 16

INGREDIENTS:

- 2 cups sushi rice
- 2 cups water
- 1/4 cup rice wine vinegar
- 1 Tbsp granulated sugar
- 16 thin slices English cucumber (unpeeled)
- 4 oz smoked salmon
- 1 Tbsp light mayonnaise
- 1/2 tsp wasabi (Japanese horseradish)
- 1 sheet nori (dried seaweed)
- 1 tsp sesame seeds, toasted
- Low-sodium soy sauce, wasabi and pickled ginger (optional)

METHOD:

1. Combine the rice and water in a saucepan. Bring to a boil and boil for one minute. Reduce the heat to low, cover and cook for 12 minutes. Remove from the heat and let stand, covered, for 10 minutes.
2. While the rice cooks, combine the vinegar and sugar in a small saucepan. Bring to a boil, stirring to dissolve the sugar. Remove from the heat.
3. Turn the rice out into a large bowl. Stir in the vinegar and sugar mixture. Cool just until the rice no longer feels hot. Don't let the rice get cold or it will dry out.
4. Line an 8-inch square baking dish with plastic wrap. Cover the bottom with the cucumber slices. Lay the smoked salmon over top. Mix the mayonnaise and wasabi together and spread over the salmon.
5. Place half of the rice over the mayonnaise. Pat it firmly to an even thickness, dipping your fingers in water to prevent the rice from sticking to your hands. Top with the nori. Add the remaining rice, patting it firmly to an even thickness.
6. Invert onto a serving platter and cut into 16 pieces. Sprinkle with the sesame seeds. Serve immediately, or cover with plastic wrap and refrigerate for up to eight hours. Serve at room temperature, garnished with soy sauce, wasabi and pickled ginger, if desired.

About Rose

Rose Reisman is an author, media personality, nutritionist, and the inspiration behind a fresh food delivery service, Personal Gourmet, and new website, The Art of Living Well. Visit Rose at rosereisman.com & personalgourmet.ca

Make Ahead

- Prepare early in the day, cover and refrigerate. If you just want to cook and season the rice earlier in the day, cool before placing in a large plastic bag so it doesn't dry out.

Lakshmi has a baby

A Padma Lakshmi is now the happy mother of a daughter. "Model, author and Emmy-nominated host of Top Chef Padma Lakshmi gave birth to a baby girl named Krishna Thea Lakshmi on Saturday," her rep said. METRO NEWS SERVICES

Entertainment

Off the market?

The Daily Mail speculates that Daniel Craig has married his girlfriend of six years, Satsuki Mitchell. Craig was spotted with a gold band on his ring finger. Mitchell was also wearing a ring. METRO NEWS SERVICES

EDITOR: DEAN.LISK@METRONEWS.CA

Olympics play it safe

I Believe does not reflect diverse Canadian music scene

TheAudioFiles

Bryan Borzykowski

metronews.ca/music

Nikki Yanofsky's I Believe was chosen to inspire patriotic feelings and has topped Canadian charts.

Three days before the Olympics began I had already lost count of how many times I heard I Believe.

The song, sung by 16-year-old Montreal phenom Nikki Yanofsky, must have been on three or four times a night, so you can understand, after 11 days of speed skating, hockey and skiing, just how deeply lodged that track (and its equally epic variations) is in my head.

We can debate whether or not the song is any good, but by now that's irrelevant — would anyone be that upset if a day went by without hearing the tune? I Believe was chosen by CTV to inspire patriotic feelings among us Canucks, but for many it's become a second anthem, one that's supposed to represent Canadian ideals and, perhaps, our taste in music.

We pride ourselves on being a multi-cultural society, and that extends to music too — we've embraced rockers, jazz bands, opera singers, aboriginal artists and country music — so choosing an over-the-top adult contemporary track as the defining Olympic song leaves out a lot of great, Canadian sounds.

If the network had to pick a single genre to focus on, though, it's not a surprise that they'd pick a song that sounds a lot like Celine Dion. One of the songwriters, Stephan Moccio, has written for the French-Canadian songstress (Glass Tiger's singer Alan Frew was the other writer), and the track's epic chorus and slick, mid-tempo verses follow a similar arch to Dion's huge 1996 hit Because You Loved Me.

"Choosing an over-the-top adult contemporary track as the defining Olympic song leaves out a lot of great, Canadian sounds."

It may be a popular number — the single topped the Canadian iTunes and Billboard Canadian Hot 100 charts, so clearly lots of people like it — but it wasn't necessarily the most representative piece of music, unless we think of ourselves as snoozy, inoffensive and middle-of-the-road.

There's no right choice here — no song would satisfy everyone, and with so many genres to choose from, recording We Are The World-style ensemble with George Pettit, John K. Samson, Randy Bachman and Shania Twain could have been a disaster, but the songwriters at least could have tried to spruce the tune up with something other than a children's choir.

Having a mix of the country's more established and underground artists write their own Olympic songs would have been better, or at the very least, this one tune could have been recorded in myriad ways. (as folk tune done by East Coaster Joel Plaskett, a country song by Aboriginal singer Shane Yellowbird, a soft indie number by Jenn Grant.) In the end the song is so safe and devoid of any real Canadian culture that it not only pales in comparison to our other big hits, but we won't recall it a year from now. And that's too bad, because we've got a lot of great music worth remembering.

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

Entertainment in brief

PEOPLE Former late-night TV host Conan O'Brien may be taking his act on the road and even overseas. O'Brien's exit deal with NBC barred the former Tonight host from TV appearances for several months. He is weighing a tour that would take him directly to his fans, according to a person familiar with the proposal. The person, who was not authorized to publicly discuss the plans, spoke on condition of anonymity. THE ASSOCIATED PRESS

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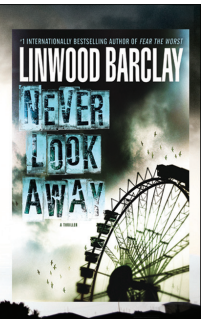

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Jolie spends time with dad

Angelina Jolie and her father Jon Voight have been famously estranged for years, but photographers caught Voight enjoying a sunny day in Venice, Italy, this weekend with his daughter, Brad Pitt and a few of the grandkids. RADARONLINE.COM

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Past haunts Idol hopeful

Contestant's failed musical causes stir

Todrick Hall

The success of an American Idol contestant is causing a stir among parents who are complaining they never got refunds for performance fees in a failed musical production Todrick Hall wrote and directed.

Hall, who last Tuesday made it into the top 24 on American Idol, wrote Oz, The Musical, which he billed on its Facebook page as "a contemporary twist on the classic story, with all new music."

He had been putting on small productions of the show since he was 17, using local, nonprofessional actors for the lead roles and casting local children as munchkins and flying monkeys.

"They were fabulous, just wonderful productions, and the kids just really loved them," said Dallas businessman Greg Money, who had three daughters in the shows.

Then in August 2008, Money agreed to finance a production of Oz in Lubbock, Tex., that used a professional cast for the lead roles. That led to a small tour of Texas cities in early 2009 Money says was a "financial disaster."

Reached by phone Friday, Hall said American Idol rules do not allow him to participate in any media interviews, however, he did generally confirm Money's account of events. Hall is scheduled to perform Wednesday on Idol with the top 12 male semifinalists.

Plans moved ahead to take the show on a national tour and Money said he tried to line up new backers. Several commitments fell through, however, and the show ended abruptly.

Meanwhile, in several cities, auditions had already been held and children were looking forward to performing on stage in a real musical. Many parents had paid a $50 performance fee that was never returned.

In Lakeland, Fla., Jennifer Davis, who owns the Art in Motion Academy of Dance, said she was not even informed the show had been cancelled. She found out when she opened the studio for a planned rehearsal and no one from Oz showed up.

"I don't believe (Hall) came to my studio knowing that the musical was going to go down and they would steal everyone's money, but it happened," she said. "He could have at least called — explained what was going on."

Money said he was responsible for the finances of the production, not Hall. He said Hall tried to make amends to the disappointed children by putting together a smaller, less expensive show, but even that lost money. THE ASSOCIATED PRESS

Roman Polanski, left, shares a moment with actor Ewan McGregor on the set of the director's latest film, The Ghost Writer.

The curious case of promoting Polanski

The Ghost Writer opens March 19

FILM To say the least, it can be difficult releasing a film when your star director is confined to his Swiss chalet awaiting possible extradition to the U.S. for a sex crime committed in the 1970s.

That's the unique situation for Roman Polanski's The Ghost Writer, which opens in Canada next month. What began as a typical production for Polanski was upended when he was arrested in Switzerland last September in connection with a 32-year-old rape case.

Suddenly, Polanski's past returned to the front pages. "It's sad for all concerned, but it's also heightened the movie," said Pierce Brosnan, who stars in it. "The movie's in the can, he's in the can."

The 76-year-old, Oscar-winning filmmaker fled the U.S. in 1978 after pleading guilty to unlawful sexual intercourse with a minor. He is currently under house arrest at his Gstaad chalet, where he's awaiting a Swiss decision on whether to extradite him to the U.S.

The arrest interrupted Polanski as he was finishing post-production on The Ghost Writer. Though he had wrapped principal photography in February and completed a rough cut in August, he had to finish editing the film while in prison before being granted house arrest.

Relaying materials through his lawyers, Polanski edited some of the movie alongside fellow prisoners peeling onions.

Executives for Summit Entertainment, which is releasing the film in the U.S., are staying mum — as are publicists and agents associated with the movie.

The theatrical trailer for The Ghost Writer hardly mentions Polanski's name, something that might normally be expected for the auteur director of Chinatown and Rosemary's Baby.

The strategy is clear: emphasize the movie and downplay Polanski.

THE ASSOCIATED PRESS

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SECOND CUP

DVD picks

The Damned United

Directors: Tom Hooper

MOST SPORTS MOVIES follow the all-too-predictable pattern of tracking an unlucky club as it struggles to find its heart and win a championship.

The Damned United, written by Peter Morgan with the same keen insights he brought to Michael Sheen's previous triumphs, The Queen and Frost/Nixon, goes the other way.

It's all the better for it.

Sheen is Brian Clough, who was briefly the coach of the Leeds United soccer team, in an incident from the 1970s that is almost Shakespearian in its hubris.

Just 44 days after he took the helm, the Leeds board removed Clough. He'd managed to alienate management, players and fans in record time with his outrageous insults, bullying, boasting and vendettas, which became the stuff of worldwide headlines.

Director Tom Hooper wastes little time on the pitch, making judicious use of archival footage and some recreated action in a film otherwise rich with period detail and colour.

Sheen's performance is controlled fury, barely touching ground as he presents Clough as being the very picture of a delusional fool.

Extras includes a commentary by Hooper, Sheen and producer Andy Harries, deleted scenes (with optional director's commentary), and several featurettes.

The Informant!

Directors: Steven Soderbergh

ASTUTE FOLLOWERS of Steven Soderbergh's contrarian ways learn to be wary of the director's zanier instincts.

So word that his new film The Informant! is a whistleblower drama that plays like cracked satire should be cause for at least one raised eyebrow.

Here's the good news: his instincts are spot on this time. In adapting reporter Kurt Eichenwald's non-fiction account of Mark E. Whitacre, the corporate corn husker turned federal snitch, Soderbergh has given this incredible story exactly the amount of insanity it deserves.

Matt Damon added 30 pounds, bad hair and an Alfred E. Neuman smile to play Whitacre, and he got it exactly right, too.

Peter Howell/for Metro Canada

Drumming up allegations
Police were called to a California restaurant Sunday morning after paparazzi accused Blink-182 drummer Travis Barker of making threats and slashing tires. A video posted on TMZ shows Barker in a profanity-laced screaming match with photographers waiting in a car. **POPEATER.CA**

No Hiccups in casting

Corner Gas alumni team up again for new series

IAN JOHNSTON
for Metro Canada

Corner Gas alum Nancy Robertson admits she was a little hesitant when husband/co-star Brent Butt offered her the lead in his new series Hiccups.

"I was just worried people might get the impression that I only work with Brent. Which isn't true," says Robertson, who plays a volatile children book writer in the CTV comedy.

"But the part was so great. She's so free. So open. It's real fun to play."

Created by Butt, Hiccups focuses on Millie Upton, the writer of Grumpaloos, a hugely successful series of children's books.

Millie's problem is she tends to speak her mind. And when she gets ticked off, she gets really ticked off. So much so, her agent and publisher convince her to go into therapy to curb her outbursts.

The Gemini-winning Robertson, who married Butt in 2005 while making Corner Gas, is hesitant to call Millie "angry", though the character does tend to meltdown in coffee shops and book stores.

Nancy Robertson stars in the new CTV comedy Hiccups.

"I wouldn't say she has anger issues. More like emotional issues. She's extreme. When she's happy, she's really happy. But she's totally content with who she is. She's just an author who doesn't know how to work with people."

So, in the series premiere, Millie seeks the help of a down-and-out "life coach" Stan — played by Butt. Their odd couple teaming forms the center of Hiccups. "She personally doesn't think she needs a life coach. It's more for the other people in her life. They can't handle being around her."

Hiccups premieres the night of Monday, March 1, on CTV.

Usual suspects get nods for WGC awards

WRITING Less Than Kind, Corner Gas and Flashpoint are among the finalists for the 2010 Writers Guild of Canada Screenwriting Awards.

The feature film category includes nominations for Crackie, written by Sherry White, and the upcoming Jay Baruchel movie The Trotsky, written by Jacob Tierney.

Four instalments of the Winnipeg-shot sitcom Less Than Kind made the cut in the episodic half-hour category. Corner Gas was the other nominee.

Brent Butt and Corner Gas have been repeat winners in past Writers Guild of Canada Screenwriting Awards.

The finalists were chosen from 148 scripts. The winners will be announced April 19 in Toronto.

THE CANADIAN PRESS

Kenya's**Style**

Read the blog at metronews.ca/kenyasstyle

DT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 2/23/10	265	353	2	TVO	Blue Realm (DVS)		The Agenda With Steve Paikin		*The Trial of Tony Blair*		Can Dogs Smell Cancer		Agenda-Paikin
	211	331	3	GTV	Entertainment	ET Canada	NCIS "Code of Conduct"		NCIS: Los Angeles		The Good Wife (HDTV)		News Hour
	-	-	5	SRC	Virginie (SC)	La Facture	Providence (HDTV) (N) (SC)		Trauma (HDTV) (N) (SC)		Le Téléjournal Nouvelles. (SC)		Vancouver
	209	342	6	CHRO	Lost "Lighthouse" (N)		American Idol The top 12 female semifinalists perform.				Past Life "Saint Sarah"		Comedy Now
	196	311	7	CTV	(6) XXI Winter Olympics Hockey, Figure Skating, Medal Ceremonies. Hockey; Figure Skating; Medal Ceremonies. (Live)								
	208	303	8	CBC	Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes	Kids in-Hall	Comedy Fest	CBC News: The National		The Hour
	-	360	9	NBC	Wheel Fortune	Jeopardy! (N)	XXI Winter Olympics Figure Skating, Bobsled, Freestyle Skiing. (HDTV) (Live)						
	117	713	10	TVA	La Fièvre de la danse (SC)		Rock et Rol	Caméra Café	La Promesse (HDTV) (N) (SC)		TVA nouvelles	(10:45) Denis Lévesque	
	-	-	11	QS	(6:30) Jeux olympiques d'hiver: Vancouver 2010 Le hockey, patinage artistique, curling féminin. (En direct)								
	137	763	12	TFO	Panorama		Artisans du changement		*L'Oeuvre au noir* ★★ (1988, Drame) Anna Karina, Sami Frey.				Facteur
	-	362	13	CBS	The Insider (N)	Judge-Brown	NCIS "Code of Conduct"		NCIS: Los Angeles		The Good Wife (HDTV)		Two/Half Men
	216	395	14	OMN2	Family Guy	The Simpsons	Doctors With Borders		Fade to Brown	Spirit of Art	XXI Winter Olympics Figure Skating, Skiing.		
	214	344	15	CITY	Law & Order: Special Victims		How I Met	Accidentally	Scrubs	Better Off Ted	Dark Blue		News
	115	343	16	CFMT	Two/Half Men	The Office	Voice of Courage		XXI Winter Olympics Figure Skating, Skiing. (Live)				
	218	345	18	CHCH	*High Adventure* (2001, Action) Thomas Ian Griffith, Anja Kling.				*Spider* ★★★ (2002, Suspense) Ralph Fiennes, Gabriel Byrne.				News at 11 (N)
	-	361	20	ABC	Action News	Entertainment	Lost Locke seeks help.		Lost "Lighthouse" (N)		the forgotten (HDTV) (N)		News
	512	396	24	CPAC	(6:30) Jeux olympiques d'hiver: Vancouver 2010 Le hockey, patinage artistique, curling féminin. (En direct)								
	651	355	25	CTS	Little House on the Prairie		Dr. Quinn, Medicine Woman		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	American Idol The top 12 female semifinalists perform.				FOX 2 News (N)		News
	-	-	64	PBS	Business Rpt.	Help Wanted	NOVA (DVS)		Frontline (N) (DVS)		Independent Lens "Behind the Rainbow"		
	205	312	104	CTV	(6) XXI Winter Olympics Hockey, Figure Skating, Medal Ceremonies. Hockey; Figure Skating; Medal Ceremonies. (Live)								
news	502	390	26	NW	Connect with Mark Kelley (N)				CBC News: The National		CBC News: the fifth estate		National
	500	500	33	CNN	Situation Room-Wolf Blitzer		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
sports	406	417	27	net	(6) XXI Winter Olympics Curling, Figure Skating. (HDTV) (Live)								
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
	400	280	30	TSN	(6) XXI Winter Olympics Curling, Bobsledding, Hockey, Speed Skating. (HDTV) (Live)								
	410	403	52	SCR	Cabby Unlimit	Score Today	Court Surfing NBA news, scores and highlights.						Score Now
	411	457	56	OLN	Ghost Hunters		(7:59) XXI Winter Olympics Bobsled. (Live)				Ghost Hunters International		Destin. Truth
	417	406	59	SC	Pass Time	NASCAR Hub	Monster Jam (HDTV)		Super Bikes!	Super Bikes!	Dangerous Drives (HDTV)		Pass Time
family	554	544	48	TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	557	540	51	FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	551	542	65	YTV	Fries That?	Prank Patrol	The Next Star "Duets"		Fries That?	Prank Patrol	Family Biz	To Be Indie	Prank Patrol
cable variety	570	580	29	MM	The Daily Fix		Ranked!		mmtop10.ca		Hammertime		Gene Simmons
	615	520	31	A&E	Criminal Minds (HDTV)		Criminal Minds (HDTV)		Criminal Minds (HDTV)		Criminal Minds (HDTV)		Criminal Minds
	628	584	32	SPKE	Deadliest Warrior (HDTV)		Deadliest Warrior (HDTV)		Deadliest Warrior (HDTV)		Blue Mountain	Blue Mountain	Unleashed
	521	560	34	TLC	Little Couple	Little Couple	Little Couple	Little Couple	19 Kids-Count	19 Kids-Count	Little Couple	Little Couple	Little Couple
	145	761	35	TV5	Zoom animal		Découvrir le monde		Partir autrement		ADN	Nouva	TV5 Le Journal
	616	521	39	SHO	Relic Hunter		*XIII* (2009, Suspense) Val Kilmer, Stephen McHattie.				Drop Dead Diva "Crazy"		NCIS
	620	523	40	BVO	Quest for Excellence		McLauchlan	Denny Doherty and The Mamas & The Papas			At the Concert Hall (N)		Law & Order
	520	505	42	DIS	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Destroyed	Swamp Loggers (N)		Daily Planet
	575	583	43	CMT	Amer. Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	This Is It
	601	562	45	SLC	Rich Bride Poor Bride		Party Mamas	Party Mamas	Party Mamas	Wedding SOS	Wedding SOS	Wedding SOS	ET Canada
	625	548	46	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Flt.-Conchords	Awesome	Daily Show
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: Special Victims		Seinfeld	Name Is Earl	*Batman-Robin*
	600	564	49	H&G	House Hunters	Property Virgin	Million Dollar Listing		Bang, Buck	Genevieve	House Hunters	House Hunters	Holmes/Homes
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Medium (HDTV)		Fringe		InnerSpace
	581	566	53	MTV	Canada's Next Top Model		Canada's Next Top Model		Buried	Life of Ryan	16 and Pregnant (N)		MTV Live
	618	524	54	TROP	Parking Wars	Parking Wars	Rescue Ink		Dog Whisperer Chip.		End of Leash	Last 10	Tube Tales
	522	506	55	HIS	Ancient Discoveries		Cities of the Underworld		Pawn Stars	Pawn Stars	Ancients Behaving Badly		Crime Stories
	129	773	60	CD	Biographies (HDTV)		Ondes de choc		Images-chocs		Gangland (HDTV) (SC)		Destr Expr
	261	394	61	V	Murder, She Wrote		May-December	When I Laugh	Quantum Leap		Unscripted (N)	Crazy for Love	Poltergeist
	602	567	62	W	Supernanny		Shopping Bags	Grocery Bag	Beauty Call	Style by Jury	How to Look Good Naked		Beauty Call
	269	350	70	APTN	XXI Winter Olympics Curling.		XXI Winter Olympics Biathlon. (Live)			XXI Winter Olympics Skiing.		Cashing In (N)	Mixed Blessing
	621	527	71	TLK	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (N)		TMZ
	603	561	95	FN	Ricardo	Exotic	Dinner: Impossible		Hell's Kitchen		Good Eats	Good Eats	Restaurant

critics'corner

Style by Jury
Elizabeth, a widowed motorcycle mama, has been in a relationship for four years, but she and her boyfriend are lacking that special spark. It doesn't take host Bruce Turner, wardrobe consultant David Clemmer and the rest of the team long to figure out why: She has lost touch with her feminine side, favoring men's clothes and eschewing anything girly in the new episode "No Spark No Flame." 9:30 PM on 62 W

American Idol
On this season's first night of viewer voting, the top 12 female semifinalists take to the stage hoping to earn another week in the competition as they perform live for judges Simon Cowell, Ellen DeGeneres, Randy Jackson and Kara DioGuardi, as well as fans at home. 8 PM on 6 SHRO 36 FOX

NCIS: Los Angeles
While Hetty is at a Senate hearing in Washington, D.C., an investigation into the death of a Marine lance corporal leads Callen and Sam and the rest of the team to stolen anti-tank missiles and a dangerous militia group in "Ambush." 9 PM on 13 CBS 3 GTV

Phillippe single again

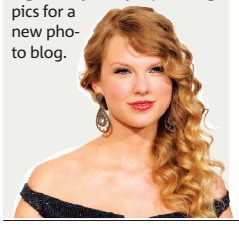
It's over between actress Abbie Cornish and boyfriend Ryan Phillippe, her spokesperson confirms to people.com. "Abbie ended the relationship with Ryan and she moved out of their home," she said. METRO NEWS SERVICES

Celebrity Buzz

Follow these celebrities on Twitter...

CelebTweets

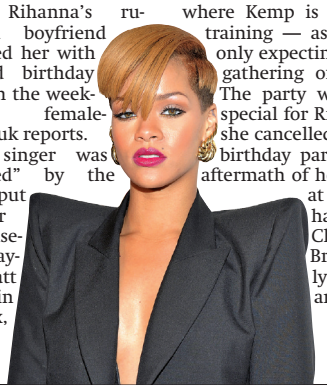
TAYLOR SWIFT is being productive with her jet lag @taylorswift13 I've been waking up at 5am every morning since we got back from Japan. Early morning activity today: uploading pics for a new photo to blog.



Rihanna gets a surprise at 22nd birthday party

WHAT A DIFFERENCE A YEAR MAKES Rihanna's rumoured boyfriend surprised her with a 22nd birthday party on the weekend, female-first.co.uk reports.

The singer was "shocked" by the bash put together by baseball player Matt Kemp in Phoenix, Arizona — where Kemp is currently training — as she was only expecting a small gathering of friends. The party was extra special for Rihanna as she cancelled her 21st birthday party in the aftermath of her assault at the hands of Chris Brown early in February 2009. METRO NEWS SERVICES



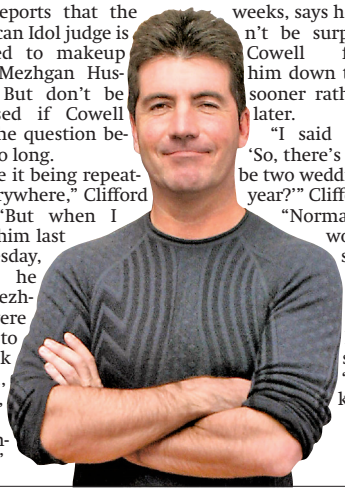
Engaged or not?

AN OVERLY CRITICAL HUSBAND — SOUNDS LIKE A GREAT CATCH Simon Cowell's rep, Max Clifford, tells People magazine he cannot confirm reports that the American Idol judge is engaged to makeup artist Mezhgan Hussainy. But don't be surprised if Cowell pops the question before too long.

"I see it being repeated everywhere," Clifford says. "But when I asked him last Wednesday, when he and Mezhgan were about to fly back to L.A., I said, 'Are you engaged?' His answer was, 'Max, I'm not engaged.' That was last Wednesday."

Clifford, who is getting married himself in a few weeks, says he wouldn't be surprised if Cowell followed him down the aisle sooner rather than later.

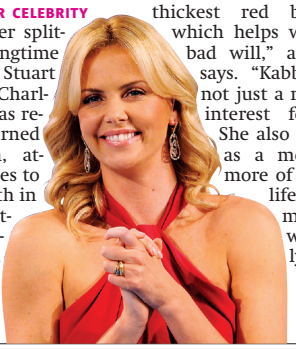
"I said to him, 'So, there's going to be two weddings this year?'" Clifford says. "Normally he would say...'In your wildest dreams.' But he said, 'Who knows?'" METRO NEWS SERVICES



Charlize Theron embracing Kabbalah after bad break up

WATCH OUT SCIENTOLOGY — KABBALAH IS GIVING YOU A RUN FOR YOUR CELEBRITY MONEY After splitting with longtime boyfriend Stuart Townsend, Charlize Theron has reportedly turned to Kabbalah, attending classes to study the faith in L.A. and sporting the trademark red string bracelet, according to the Daily Mail.

"Charlize is wearing the thickest red bracelet, which helps ward off bad will," a source says. "Kabbalah is not just a religious interest for her. She also views it as a means to more of a social life and mixing with Hollywood." METRO WORLD NEWS



Tiger back in rehab clinic

AW SHUCKS, LET'S FORGET EVERYTHING AND LOVE TIGER AGAIN... After his public apology last week for his marital indiscretions, Tiger Woods is back in rehab, having traveled to a facility in Arizona over the weekend with wife Elin Nordegren, according to Radar Online. But Nordegren may not be by his side the entire time. "Elin may not stay the entire week with him," a source tells the Web site. "She taking the marriage one day at a time." METRO WORLD NEWS

etalk's Lainey Lui dishes out celeb dirt in three's

Three Talk

with Lainey Lui

AMY WINEHOUSE. One of the most exciting talents to emerge from the UK in years, Amy Winehouse's musical genius is often overshadowed by her personal drama. Now divorced and reportedly clean after having spent the better part of a year in St Lucia, Winehouse is back in London working on new material which, hopefully, will give us something new to talk about. Here are three things you might not know about Amy Winehouse:

ONE She learned to play drums for her highly anticipated third album due for release this year.

TWO Winehouse's personal fortune dropped from £10 million to £5 million between 2008 and 2009 as her parents managed her money while she battled addiction.

THREE Winehouse's new addictions are apparently plastic surgery and exercise. Her father told the British papers that she loves her breast enlargement, is considering having some work done on her ass, and exercises several hours a day.

Lainey Lui is a reporter for etalk and runs the popular gossip site, LaineyGossip.com. As part of CTV's Olympic Broadcast Team, Lainey is on the ground in Whistler reporting on entertainment news from the Vancouver 2010 Olympic Winter Games. etalk

JOB CONNECT

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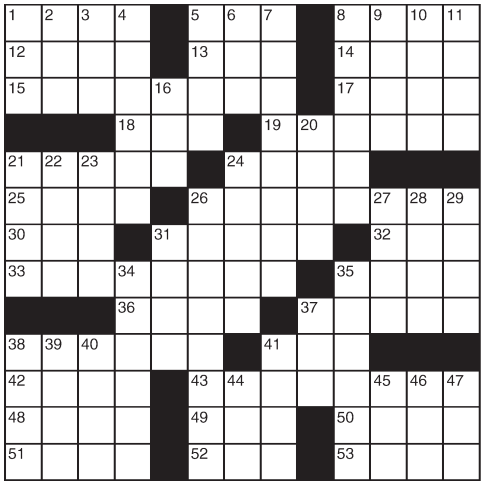
Today 80% Rain and snow 2°/ -1°
Wednesday 70% Rain and snow 2° / -1°
Thursday 80% Rain and snow 2°/ 1°
You have voted us #1 for best forecasts on TV. Thank you Canada!

For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



ACROSS

1 There's a lot of this ...
5 ... in this
8 — gin fizz
12 Sandwich cookie
13 Crony
14 Full house, e.g.
15 Wrenches
17 Memorization method
18 Got a look at
19 Prayer
21 Parsley piece
24 Algerian port
25 Baseball's Hershiser
26 Controversial punishment
30 Newhart or Hope
31 "Million Dollar Baby" star
32 Life story, for short
33 Droopy-eared dogs
35 Heart of the matter
36 Historic times
37 Sound portion
38 Cup holder
41 Possess
42 A deadly sin
43 All aglitter
48 Neighborhood
49 Annoy
50 Loathe
51 Catherine who wed Henry VIII
52 Ph. bk. info
53 Elliptical

DOWN

1 "Mayday!"
2 Dadaist Jean
3 Meadow
4 Adenoid neighbor
5 Jet forth
6 Corn spike
7 Losers
8 Get smaller
9 Asian nation
10 Aware of
11 First place?
16 Run-down horse
20 File crosser
21 Weeps loudly
22 Item on stage
23 Singer McEntire
24 October birthstones
26 Administers an oath of office to
27 Footnote abbr.
28 Unless (Lat.)
29 Head for
31 Paddock pop
34 Beverage of the gods
35 Overly enthusiastic
37 Plant bristle
38 High-five, e.g.
39 Emanation
40 Addict
41 Erstwhile acorns
44 In favor of
45 Restroom, for short
46 Greek vowel
47 Benicio — Toro

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

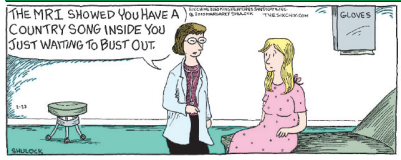
		9					8	7
	6	5		3	8			
2			1					
4		1	2		6			
	9						5	
			9		7	1		8
					5			4
			6	4		9	2	
6	4					3		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

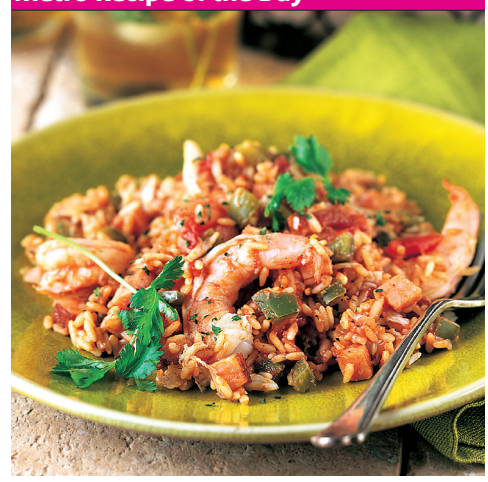
2	5	6	3	8	1	9	7	4
7	8	4	9	5	2	6	1	3
9	1	3	7	6	4	8	5	2
3	2	8	1	7	9	4	6	5
5	6	1	2	4	8	7	3	9
4	7	9	6	3	5	2	8	1
1	4	5	8	9	6	3	2	7
6	3	2	4	1	7	5	9	8
8	9	7	5	2	3	1	4	6

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Jamaican Shrimp and Crab Jambalaya

INGREDIENTS:

1 tbsp canola oil
2 tbsp all-purpose flour
2 medium onions, chopped
1 large green pepper, chopped
1 celery rib, chopped
3 oz bacon, diced
796 ml can chopped tomatoes in purée
284 ml can chicken broth
1 1/2 cups long-grain white rice
2 tsp Old Bay seasoning
450 g large shrimp, peeled and deveined
225 g lump crabmeat, picked through
2 tbsp chopped fresh cilantro

MEHTOD:

1. Lightly coat large skillet with nonstick cooking spray; set over medium heat. Add oil and flour and stir constantly until roux turns deep brown, 5 minutes. Add onions, green pepper, celery and bacon; sauté until vegetables are soft, 5 minutes.
2. Stir in tomatoes, broth, rice and Old Bay seasoning; bring to boil over high heat. Reduce heat to medium-low, cover, and simmer until rice is almost tender, 20 minutes. Fold in shrimp and cook until shrimp are pink and firm, 5 minutes.
3. Fold in crab; cover and cook 1 minute. Remove from heat and let stand 3 minutes. Sprinkle with cilantro.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
Give people you meet and mix with today all the praise they can handle. They may not deserve a word of it though.

TAURUS
APRIL 21-MAY 21
If you don't feel quite right in the company of certain people today you must not be afraid to turn your back and walk away.

GEMINI
MAY 22-JUNE 21
Today's Sun-Pluto link cuts across the career and financial angles of your chart, so chances are you will enjoy some sort of windfall.

CANCER
JUNE 22-JULY 22
Age and experience may be good things to have but energy and enthusiasm are more important in what you put into your doings over the next 24 hours.

LEO
JULY 23-AUG 23
If you need to attempt something difficult or detailed, now is the ideal time to give it a go. Pluto in the work area of your chart is energized by the Sun.

VIRGO
AUG 24-SEPT 22
If someone suggests that you might like to lower your sights a little today you should suggest right back at them that they might like to raise their own.

LIBRA
SEPT 23-OCT 23
Only you know how hard you have worked to reach a certain level, so only you can decide whether or not it is worth carrying on.

SCORPIO
OCT 24-NOV 22
Something of a creative or artistic nature has the potential to make you a star, and rich with it, but it won't just happen as if by magic.

SAGITTARIUS
NOV 23-DEC 21
Family and financial matters are under excellent stars today and if you follow your instincts you won't go far wrong.

CAPRICORN
DEC 22-JAN 20
You are on such dazzling form at the moment that you will get what you desire one way or another.

AQUARIUS
JAN 21-FEB 18
Put yourself out for other people today, no matter how much it might cost in time, energy or money.

PISCES
FEB 19-MARCH 20
Everything evens itself out in the end, so if you feel you have gained something you don't deserve it can only be because you did something good.

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Mar. 8–9 & 16–31 • 1 wk.
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Please add $50 for Sat. & Sun. departures

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Santa Clara
Barceló Cayo Santa Maria Beach Resort • 4★
All-Inclusive • Junior suite
Mar. 21 & 28 • 1 wk. $959
+Taxes & other fees (including service charges): $212
Departure tax: 25 CUC cash, paid locally

Meliá Las Dunas • 4★
All-Inclusive • Standard rm.
Mar. 28 • 1 wk. $1099
+Taxes & other fees (including service charges): $212
Departure tax: 25 CUC cash, paid locally

JAMAICA

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive • Junior suite
Mar. 20 & 27 • 1 wk.
PRIVILEGES $1449
+Taxes & other fees (including service charges): $266

TURKS & CAICOS

Villa Del Mar • 3★
Deluxe studio suite
Mar. 22 • 1 wk. $1229
+Taxes & other fees (including service charges): $223

Ocean Club Resort • 3 1/2★
Studio suite
Mar. 22 • 1 wk. $1239
+Taxes & other fees (including service charges): $223

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